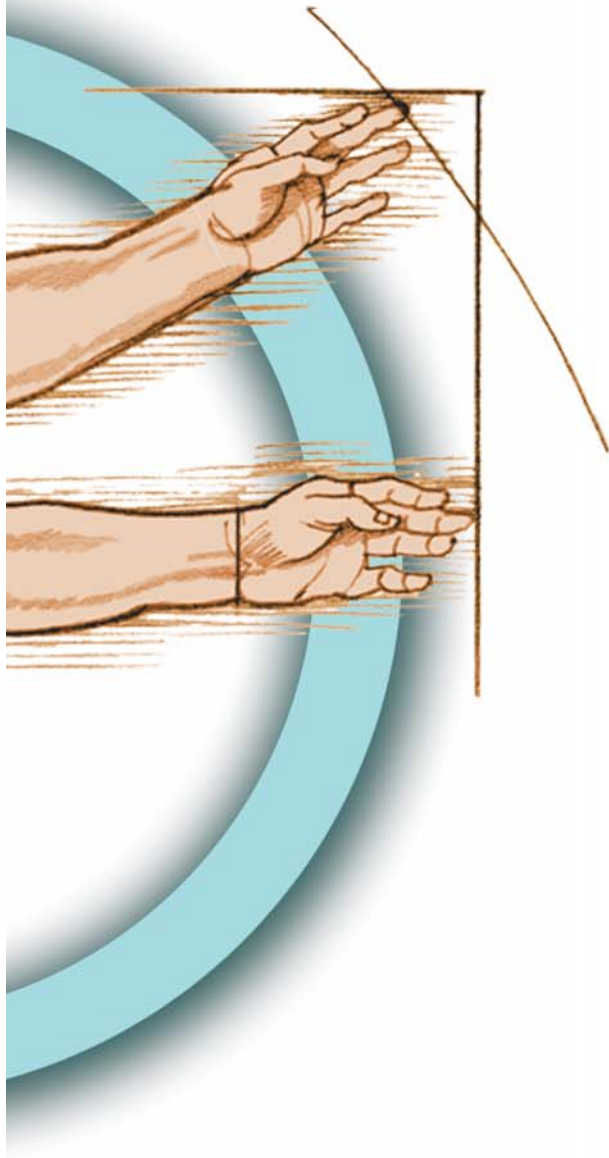


BIOFEEDBACK

ENHANCING THE
"MIND-BODY CONNECTION"



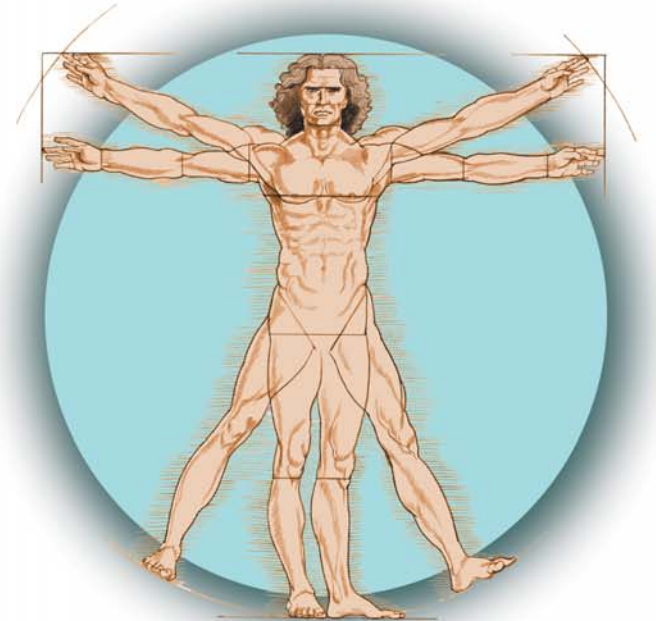
IMPORTANT PHONE NUMBERS

Thomas Moore Health Clinic
Department of Psychology.....285-6347
.....OR 285-6299

Thomas Moore Health Clinic
58th Street & 761st Tank Battalion Ave.
Fort Hood, TX 76544

Hours of Operation
Monday-Friday
7:30 a.m. - 4:30 p.m.

BIOFEEDBACK



DEPARTMENT OF PSYCHOLOGY



Designed & Created by
Darnall Army Community Hospital
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WELCOME

What is Biofeedback?

Biofeedback is a non-invasive training procedure, which helps you to learn how to control your body's response to physical strain, anxiety and stress. Sensitive electronic equipment is used to monitor changes in various physiological states, like muscle tension or skin temperature. By learning to recognize and use the "feedback" signals the equipment provides, you can develop a greater awareness and control over those changes. Through biofeedback you learn to change your body's reaction to stress, thereby lessening the symptoms and physical damage caused by stress.



What is the Role of Stress?

While there may or may not be a physical cause for your difficulties, some unconscious reaction to your life situation and/or stress may actually be causing your physical symptoms. For example, have you ever discovered that your jaw is becoming sore because you have unknowingly been clenching your teeth? That type of reaction is common in people with tension headaches and jaw tightness. Stress causes the body to undergo changes, which can be useful initially. However, over time our biological mechanisms for coping with stress become overloaded and many physical problems can result.

Biofeedback is beneficial in treating problems such as:

- *tension and migrain headaches
- *hypertension
- *digestive problems
- *breathing problems
- *neck and back pain
- *dental and jaw problems



Stress and physical illness are often interrelated. The more stress you feel the more susceptible you become to illness and the longer you are ill the more stress you experience. Although stress may not be the only cause of symptoms, treating stress may help you to improve. Biofeedback does not replace medical treatment but is often used in conjunction with medical treatment.

What Physiological Areas Does Biofeedback Cover?

There are three primary biofeedback modalities:

Skin Temperature: Blood flow is measured by skin temperature on the fingertips or palm of the hand and is used for general relaxation training and the treatment of some vascular diseases, like migraine headaches, Raynaud disease and essential hypertension. Blood flow in the hands is sensitive to states of stress and relaxation. By watching the rise and fall of skin temperature, patients become aware of the internal feelings associated with relaxation and learn to voluntarily produce this state on their own.

Electromyography (EMG): Measures muscle tension in the head and neck area. EMG feedback is used for general relaxation training and in the treatment of tension headaches and pain reduction.

Electrodermal Responses (EDR): Measures sweat gland activity in the fingertips or palm of the hand. This area is highly sensitive to emotions or thoughts. EDR feedback is used to help the patient identify significant stressors and reduce their influence through biofeedback training.